



Mental Health Transformation Grant

Peer Support for Young Adults Vermont Department of Mental Health

Local Service Area: Statewide

Primary Service Focus: Prevention/Early Intervention

Secondary Focus: Jobs and Economy

Project Director: Nick Nichols

Project Team Members: Patricia Singer, Sarah Bourne, Connie Schütz, Joy Livingston, Donna Reback

CMHS Project Officer: David Morrisette

Evidence-Based Practice(s): Intentional Peer Support (IPS), Wellness Recovery Action Planning (WRAP)

Project Description: This project offers effective outreach and early support services to adults (18-34) who show early signs of mental illness or who are at risk for mental illness (SAMHSA Strategic Initiative # 1). In partnership with consumers, consumer-run organizations, and the communities, the state is developing a workforce of Peer Support Workers trained in Wellness Recovery Action Planning (WRAP) and Intentional Peer Support (IPS). Peer Support Workers engage consumers in community settings; help them connect with community services, particularly employment; and assist them in building skills to support a successful life in the community. The project will serve 232 individuals through these newly available services. This transformation uses existing interagency planning structures at the state and local levels with experience in implementing system change. These interagency planning structures have been expanded to include representation of consumers from the population of focus as well as consumer, family member, and veteran advocacy groups. Two communities (Burlington and Montpelier regions) will demonstrate how WRAP, IPS, and peer-based supported employment can be implemented by Peer Support Workers in partnership with community mental health, substance abuse, employment, and other community resources.